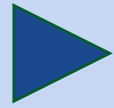


Station 6: You Go First skills



Crash avoidance: Do not suddenly swerve around obstacles. Control your bicycle pedal predictably in as straight a line as possible. Share the road respectfully.

Beginners:

- Plan ahead. Look as far as you can see at where you are going
- Before passing, look behind you. Only move over if no cars are coming
- Signal and look again
- Stay three feet from any obstacle. Do not move over in front of cars
- Smile at everyone!



Advanced:

- Look, look and signal, look signal and go if safe
- Plan ahead. Don't get pinched out
- Practice judging distance and speed of vehicles
- Do not ride up the sidewalk and back into the street
- Thumbs up and thank you wave. Earn the respect of people driving

Drivers: Slow down, allow safe space for kids to move over, they often do not look before moving around obstacles. People biking should not have to stop and wait while you pass from behind.

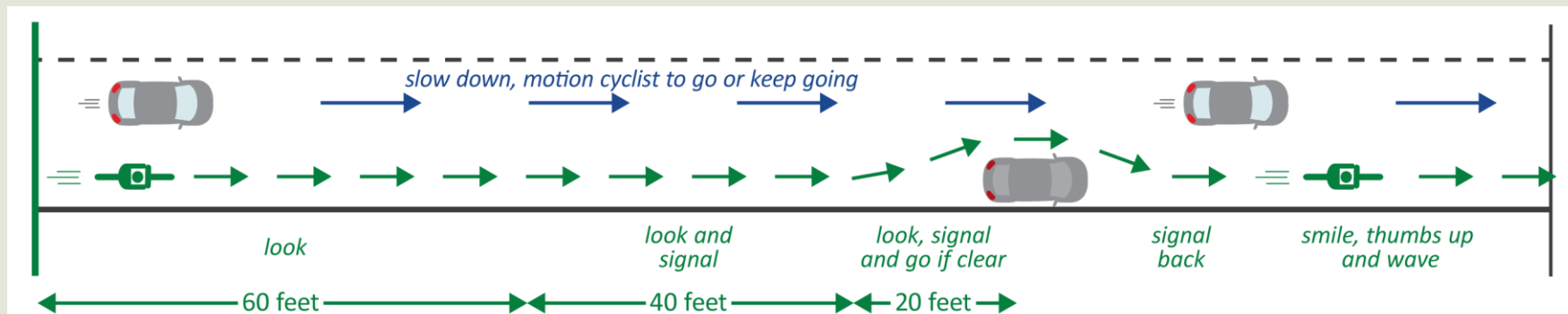
Station 6: You Go First activity



Crash avoidance: Before you signal, always look behind into traffic for a safe time to move out of your predictable pattern. Scanning is a very important skill to master.

Stand behind the child, let them start pedaling three feet from the curb. Run from behind pretending to be a car.

The “driver” should simulate scenarios, sometimes let them go, sometimes pinch them out, sometimes distracted!



It is important to make this course long enough to teach how early kids should begin looking.

Make it fun: Kids love this and learn quickly but do not do it consistently. They have trouble in groups and with any distractions. Practice on all rides to become proficient.

Drivers: Slow down, wait until it is safe to move over and pass. Be prepared for kids to swerve and turn unpredictably.